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ISSUE 1

STEREO



FLAVORS

A PHILADELPHIA FOOD ZINE

OUR MISSION

To highlight, elevate, and curate local chefs, artists, mutual aid projects, and more, making an impact in the hyper-local Philly food community. To share local recipes, art, and ideas through a multimedia platform that allows for many creative voices to be heard.

We aim to provide a platform for voices not often heard in mainstream food media, to highlight chefs and others on the cutting edge of the food world- people who are often carving out new territory and creating on their own terms.

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STEREO FLAVORS

ORIGIN & EDITORIAL BOARD

BY LEE HARMAN

Hey, thanks for picking up the debut issue of Stereo Flavors! We're glad you found your way here. Stereo Flavors started with an idea spoken into the ether. Steve Martinho, Founder/Editor in Chief, wanted to create a new and different Philly food magazine. Focusing on hyper-local stories like mutual aid fridges, underground pop-ups, and Philly labor news; Stereo Flavors aims to create a platform to highlight the news you need to know.

Our editorial board was formed in January 2022. We are a group of food nerds--current and former hospitality industry workers, labor organizers, culinary instructors, gardeners, and more.

Steve, is a former line cook, passionate home cook and graphic designer.

Peter is our resident pizza connect. Slinging Scicilian-style pies as Pizza Pete PHL (@pizzapetephil) at pop-ups, neo-Neapolitan at Pitruco on the regular and he is our industry insider. With a degree in Environmental Studies and a passion for mycology, Peter seeks to learn about food through the communities that are being fed.

Lee is the academic of the group. With a bachelors from Johnson & Wales University, and a year of Food Studies grad school at NYU under their belt, they have studied food through the lens of labor, supply chains, sociology, and more. After a couple decades in hospitality spanning back of house, front of house, event planning and catering, they transitioned into a career in culinary education. Their elementary students call them Chef Teacher Lee (@chefteacherlee).

We all met in person (Steve and Lee meeting for the first time!) in February 2022 for the first Stereo Flavors Editorial Board retreat. Over the course of 12 hours we ate at restaurants none of us had tried before, shopped at stores we've never visited carrying items we'd never seen, and closed the evening with a couple hours in Philly's K-Town.

Retreat day began with coffee at Re-Animator, 4705 Pine Street. After getting appropriately caffeinated, we embarked on the 45-minute drive to the far Northeast. The vastness of Philly's food scene is often reduced to a handful of hotspots--East Passyunk, Fishtown, Center City--but there is so much culinary



diversity beyond the critics' darlings. Northeast Philadelphia may be suburban and difficult to navigate without access to a car, but it's worth exploring if you have the ability to do so. With sizable Eastern European, Central & Southeast Asian, and Central American populations, the Northeast offers an array of harder-to-find dishes that are worth traveling for.

Georgian Bread, 10865 Bustleton Ave, was our first stop. Since 2017, this innocuous-looking strip mall storefront has been serving up Georgia's most iconic bread, khachapuri adjaruli (ხაჭაპური აჭარული) and all the rest of Georgia's greatest hits. Intrepid food journalists we are, we had to order as much as possible so you, dear reader, can go into your own Georgian journey fully informed. There are nearly a dozen forms of khachapuri, but adjaruli is the most famous in the US. An eye-shaped bread boat filled with molten cheese and topped with a raw egg, khachapuri adjaruli is as gorgeous as it is delicious. Traditionally, one of the end knobs of the bread boat is torn off and immediately used as a spoon to stir the egg into the cheese while it's still hot from the oven. The bread knob is then meant to be used to spoon the cheesy egg mixture into your mouth, but

do yourself a favor and eat the whole thing. Georgian Bread's dough is soft, pliable, and lightly salted; a trademark of the traditional milk-based dough. But don't stop at just one kind of khachapuri! We also ordered khachapuri megruli (ხაჭაპური მეგრული), which could easily be mistaken for cheesy bread. The same milk-based dough is rolled out, filled with the same cheese mixture, then folded over and rolled again until it's a delightful dairy-filled round resembling a large puri. It is then topped with more cheese, baked, and sliced into pizza-like wedges.

Don't stop at just bread while you're there, though! Geographically Georgia sits at the intersection of Europe and Asia, and the influence of both continents can be found in its food. Our favorites included a bean stew called lobio (ლობიო); the pickle platter which included jonjoli (ჯონჯოლის), described to us by our server as a branch that is harvested and pickled every spring; and ojakhuri (ოჯახური), a generous platter of fried pork with potatoes and onions. The "salad, assorted" platter comes with three varieties of pkhali (ფხალი), a walnut-based vegetable p  te sometimes referred to as a salad. Consisting of beet, mushroom,

and green (spinach? Chard? Who knows!) pkhali, this hearty salad assortment doesn't do much to lighten the meal, but it does remind you that Eastern European food is more than just meat, cheese, and carbs.

While you're in the Northeast, you can make a day of it by shopping like a former Soviet expat. A few doors down from Georgian Bread is Kazi's Mini Mart. Since 2020, this store has stocked Georgian, Uzbek, Russian, and other Eastern European groceries and halal food. You'll be full from your Georgian feast, but we recommend grabbing at least a potato piroshki (картофельные пирожки), essentially a savory donut filled with mashed potatoes; and a samsa (самса), a hand-sized savory pastry usually filled with meat or pumpkin.

A few minutes down the Boulevard, you'll find NetCost Market. This New York-based Russian grocery chain opened its first location outside of NYC in the Northeast in 2004 on Bustleton Ave, and a second Philly location on Welsh Road in 2015.

The Welsh Road location has a much larger pickle bar than its older neighbor, along with a wider variety of nearly everything else. You should definitely fill a few containers from the pickle bar and prepared foods sections, and order some Russian honey cake (сметанник) or медового торта) from the bakery (beware, they sell it by the pound and it's hefty!). Pick up some kvass (квас) to wash everything down, or maybe some tarragon soda.

As you head back toward downtown, make a quick stop in Elkins Park, right on the northern border of Philadelphia. Philly's K-Town straddles both Philadelphia County and Bucks County, with myriad restaurants and shops in the area. In the Elkins Park H-Mart plaza, you'll find Dubu and their sister karaoke bar, Duba. Dubu (두부), which is the Korean word for tofu, features an extensive and seafood-heavy menu. Featuring familiar American favorites like soondubu (순두부), bibimbab (비빔밥), and japchae (잡채), along with soju (소주) and

soju-based cocktails, Dubu has options for everyone. Our meal began with complimentary buckwheat tea (메밀차) and banchan including fried fish, kimchi (김치), potato salad (감자샐러드), and green salad. The favorite of the table was the teppoki (떡볶이), chewy rice cakes in a perfectly balanced sweet and spicy broth with fish cakes. After dinner, you can wander downstairs to Duba for karaoke in English, Korean, or Chinese to round out your evening.



KHACHAPURI ADJARULI

(ხაჭაპური აჭარული)

MAKES 2 LOAVES | COOK TIME 20 MIN
SERVES 4-6

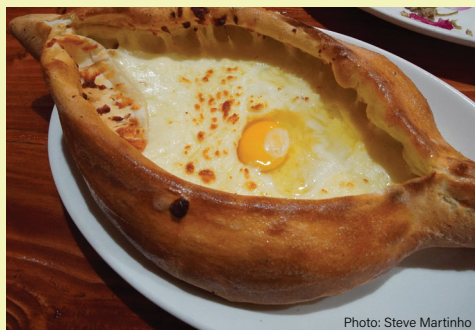


Photo: Steve Martinho

Ingredients for traditional khachapuri adjaruli can be difficult to find. Imeruli and sulguni, tangy Georgian cheeses, are generally only available in areas with large Eastern European immigrant enclaves. Often, I use shredded low moisture mozzarella as a substitute in place of imeruli. Sulguni, a brined cow's milk cheese, can be substituted with feta. A fresh cow's milk cheese is also traditional in this mix, so I use tvorg (творог), or farmers cheese, to tie everything together. You can use chevre thinned out with a bit of water, or crumbled paneer in its place.

Prep Time: 20 minutes if using pre made dough; 2.5 hours (mostly inactive) if making dough from scratch

INGREDIENTS

1# pizza dough, store bought or homemade, at room temperature
8 oz low moisture shredded mozzarella (pre shredded works best here)
4 oz feta, crumbled
4 oz farmers cheese
2 eggs
2 Tbsp unsalted butter
2 Tbsp milk (optional)

INSTRUCTIONS

Gather mise en place: bench flour, rolling pin, parchment paper, sheet trays, mixing spoon or rubber spat, mixing bowl, kitchen towel, and ingredients.

Preheat oven to 450 F.

Divide dough into 8 oz portions. Dust your work surface with flour, and roll out your dough into an oval shape, approximately 12" long and 7" wide.

Transfer dough to a parchment-lined sheet tray, cover with a damp towel and let rest for about 10 minutes.

While dough is resting, mix the three cheeses together. Taste for seasoning, and add salt and pepper if desired.

After the dough has rested, it's time to shape. Begin by rolling the longer edges of the dough toward each other, until there is only about 1" of space between them.

Spoon half of the cheese mixture onto each dough, leaving about a 1" border around it. Begin rolling the long sides toward each other, until there is only about 3" of cheese exposed in the middle.

Pinch the short ends together, and twist tightly to seal. Re-cover with the damp towel and let sit for another 10 minutes.

If desired, brush the outside edges with milk. Bake for approximately 10-12 minutes, rotating halfway through.

Remove from oven, crack an egg into each boat, and bake for another 5-6 minutes, until the whites are just set.

Remove from oven, add 1 Tbsp butter to each boat, and serve immediately.

Wait... when and how do you eat this?

Khachapuri is a hands-on experience. Literally. This bread is designed to be eaten with your hands, tearing off pieces of bread and dipping them into the molten cheese center. In Georgia it's eaten throughout the day but it's best known as a late-night food, akin to the post-bar pizza we consume in the US.

I like to serve it for brunch, with the non-traditional additions of shredded arugula, minced garlic, and fresh parsley & dill to garnish. I also like to serve it alongside lobio (ლობიო), a Georgian bean dish (the recipe from Kachka: A Return to Russian Cooking by Bonnie Frumkin Morales is one of my favorites) and a light salad for brunch. (There is something very American about throwing an egg on something and declaring it brunch.) It makes for an impressive centerpiece for any meal, though its richness makes it feel like a special occasion food. 



SCAN FOR PLAYLIST



Clockwise beginning at top left: salad bar at NetCost, smoked fish case at NetCost, cold cuts case at NetCost, khachapuri adjaruli at Georgian Bread, assorted Georgian sodas, a Georgian feast, teppoki with dumplings & scallion jeon at Dubu.



Clockwise beginning from top left: khachapuri megruli, pkhali trio, cured meat case at NetCost, snack trepidation, raw marinated crab at Dubu, ojaxhuri at Georgian Bread, assorted Georgian pickles.

BEYOND THE BRIGADE:

TROY WILSON

BY PETER JAMES USILTON

Troy Wilson is a humble and ambitious young chef who recently began hosting pop-up dinners. I recently attended their Valentine's pop-up event at Sante, an event space managed by sommelier Daniel Soloway.

I befriended Wilson a few years ago Row-house Grocery's Queer Soup Night. "Until then I'd always identified as a gay man," Troy, who uses they/them pronouns, told me. "A big thing now that I'm grateful for is identifying as a non-binary person. You met me at the first queer thing I ever did in Philadelphia."

Troy's food is undoubtedly Italian-inspired, but it would be remiss to call it Italian cuisine. "People ask 'what do you cook?' And it's like, 'well... uh... good?'" they laugh. "I'm really focused on people being nourished and happy and secure."

In addition to their pop-up schedule, Wilson also works full time as a bagel maker, and is a member of the union currently contract bargaining with Korshak Bagels. Their extensive resume includes a stint at Zahav, and Chef de Cuisine roles at K'far and Musi.

Being promoted to CDC at 25 years old is an impressive achievement and huge responsibility. Wilson describes feeling like a "young-shit chef" during their time at Musi: they kept taking on more and more in an attempt to always prove themselves worthy of their own talents, ultimately creating an ouroboros. Burnout set in. "Being told by Mike [Solomonov] like, 'Oh, you're up for a James Beard award!' and hearing all that with their

connections, I could've gotten that, if I stayed submissive, I stayed burnt out, I stayed self-destructive, and I didn't push back...I ultimately had to learn to say 'no.' Now I have like, a fetish for saying 'no.'"

Chefs and other hospitality professionals opt to work pop-ups over restaurant work for myriad reasons. Some are exploring hobbies, others seek to monetize their passions, and some just have a desire to feed people. Yet others still are doing it with bigger goals in mind for opening a brick-and-mortar. Wilson's initial primary audience is their immediate community: friends and family. However, their burgeoning vision is curating a dinner series priced on a sliding scale, named "Eat the Rich."

"[Eat the Rich] gives people a five-course meal but is affordable--that's an extension of the community and how the food is presented within the community. Golden Dragon is a good example of doing that. What I envision is, it's fine dining in a way that meets the costs of what I need (fair labor, sourcing, etc.) but on the upper end. Something I'd wanna make a career in, giving fulfillment to me, is making people feel nourished and happy and giving them a night out to relax, and not like a night out where they're there having a good meal, and then just terrified to look at the check," Wilson says.

The idea of a sliding scale pop-up harkens back to Drexel University's short-lived pay-what-you-can restaurant on Lancaster Avenue, Everyone at the Table (EAT) Cafe, which operated for three short years. Wilson is talking about is delivering the fine dining experience of a multi-hour tasting menu service, but with a more equitable cost structure. EAT failed to market sliding-scale, delicious food as an experience.

Sliding-scale hospitality that could really be an entire night out may sound economically

unrealistic, but it is not necessarily economically unfeasible. "Pizza could be really good for that," they winked to me, the pizzaiolo. Making guests feel like the bourgeoisie without being a part of it speaks to why he would even want to have a restaurant space to feed people at all. "That's like, why restaurants were even made in the first place," I interjected.

Sourcing is a big struggle for all food businesses, but especially pop-ups. Not only does the chef need to find a venue, and stock smallwares, but they also need to hire and train staff for the front and back of house, and procure ingredients.



Salt baked sweet potato with tahini, black garlic and dukkah



Rosewater meringue hearts and chocolate turkish delight rolled in dried strawberry and pistachios; chocolate mousse with passionfruit curd.

Philly chefs can go to Restaurant Depot, Philadelphia Wholesale Produce Market the Italian Market or Reading Terminal, etc. They can have their manager tack on items to a delivery and reimburse the restaurant out-of-pocket.

They can even order online via Webstaurant or other similar sites. But regardless, it needs to come from somewhere and it needs to be affordable.

Just as an observation, as a preface to sourcing, an aside: farm-to-table barely exists," Wilson says. Anyone in the industry can tell you: it's a marketing scheme. "That being said, I try to get as much locally as I can, and honestly that also means paying people locally, from places that are paying and employing people locally...So I buy from Riverwards [...] do DiBruno for cheese.

Professional relationships and connections open doors and make bulk discounts accessible to you as a chef. Wilson qualifies for an industry discount at some of these places, which cannot be glossed over. Having an established restaurant career makes other types of work within the industry far more accessible than it would be to an outsider.

Wilson is very aware of their privilege and how it molded their experiences in the restaurant industry, and that perspective continues to inform what they cook and how they choose to share it. At a recent pop-up (which you can read a review of on our website) I fell in love with the burnt onion jus featured on manicotti for the second course, and I gushed about it so much that Wilson offered to share the recipe. They added it to some truffle polenta, but the jus alone can be added to anything.

This burnt onion truffle polenta is affordable, not super prep-intensive, and will make you feel bougie without being bougie. The most expensive component is La Rustichella Black Truffle Pate, but you can leave that out if you so choose. 

Photos: Pete Usilton

BURNT ONION JUS

TROY'S LOVE LETTER TO BURNT ONIONS

BY TROY WILSON

INGREDIENTS

1 cup polenta
1 quart milk
⅓ cup heavy cream
¼ # grated Pecorino Romano
¼ # cubed butter
7-8 medium yellow onions
Dash of red wine vinegar
A high heat cooking oil
(canola, avocado, corn, peanut)
Optional: La Rustichella
Black Truffle Pate

TOOLS

1 large heavy-bottomed pan
(we suggest cast iron)
1 small saucepan
1 rimmed sheet tray
Whisk
Rubber spatula
Blender or food processor
Cheesecloth or fine mesh strainer
Knife

BURNT ONION JUS

Preheat oven to 400 degrees, and preheat cast iron over the stove's highest setting with enough oil to thinly coat the bottom.

Open your windows and turn off your smoke detector for the next few minutes.

Wash and halve onions from root to the top while leaving the skin intact.

Burn the exposed part of the onion until it is carbon.

Once the onions are burnt, place them cut side down on the sheet tray and bake for 30 minutes or until very soft. You do not want crunchy onions.

Once cooled, puree the inner onion layers with the liquid from the sheet tray and strain.

Reserve liquid, and reserve outer onion layers to use as cups for plating.

**CONGRATULATIONS YOU'VE MADE BURNT ONION JUS! THIS
STUFF IS DELICIOUS ONCE SEASONED AND IS GREAT ON
ALMOST EVERYTHING SAVORY.**



Photo: Troy Wilson

POLENTA

Bring milk to a simmer then slowly whisk in polenta.

Cook, stirring frequently, on medium low heat for 45 minutes until texture is silky smooth and not gritty. Depending on the quality and freshness of your polenta, you may need to adjust the amount of milk. The better it is, the longer it will take and the more liquid it will need.

Once the polenta is cooked, add cream, pecorino, truffle pate (if using), and $\frac{3}{4}$ of the butter. Season aggressively with salt!

Heat up your onion jus in a small saucepan. Mount with reamaining butter, add a few drops red wine vinegar, and season with salt.

PLATING

Heat up your onion jus in a small saucepan. Mount with remaining butter, add a few drops red wine vinegar, and season with salt.

If your onion jus is watery and bitter, you probably didn't cook your onions enough.

Make sure your polenta is hot and is at a viscosity of forming a perfect circle once placed on a warm plate. If you need to thin it out, use milk or cream.

Pour a hefty portion of polenta on your warm plate and place your cute little onion cups onto the polenta. Then fill those bad bois with your onion jus and enjoy quickly alone or with the friends you just impressed by making this recipe!



SCAN FOR PLAYLIST

VIET HUONG RESTAURANT

A PHO-MANCE (I'M GOING TO REGRET THAT PUN)

BY STEVE MARTINHO

I wasn't ready for what I was about to eat. The green awning on Washington Ave. shone down on me like a beacon. I always knew it was there, but the day I walked into Viet Huong Restaurant changed my life forever.

Three steps in the door a man grabbed my attention from 20 feet away, asked how many, and sat me immediately. Looking around I saw people enjoying things I'd never seen before. One minute later a server asked for my order. I looked down, pointed at the phở, house special. He asked if I was sure and I said, "Let's do it." I wasn't about to wimp out--I'm trying something new.

Less than 10 minutes later a giant steaming bowl of soup came my way. Sliced raw steak, beef tripe, brisket, tendons, and something called beef balls. I wasn't about to play guessing games. Not now.

Upon the first sip, I got emotional. I've had good food before but this was so much more. Suddenly I was somewhere else--and I felt like I was a part of something. It felt like home.

At that point I made a decision: I had to try everything on the menu. Over the course of the next few months, I had tried summer rolls (gỏi cuốn); spicy beef & pork noodle soup, bun bo hue (bún bò Huế); spring rolls (gỏi cuốn); Catfish Claypot (cá kho tộ); bánh mì; Grilled pork chops (sườn nướng)--you name it.

I don't have a favorite. Admittedly after trying to make several dishes at home, nothing ever quite tasted the same as Viet Huong. Except for the lemongrass chicken. This is the dish I can say is 90% there and that's good enough for me. 

Since this piece was written, Viet Huong has moved to the adjacent storefront, still within Wing Phat Plaza. Located at 1110 Washington Ave, Philadelphia, PA.

VIETNAMESE LEMONGRASS CHICKEN

SERVES 2-3 | COOK TIME 45 MIN

Ingredients

4-5 Chicken thighs, boneless, skin on
(Approximately 1 lb.)
1/2 Stalk of fresh lemongrass (or 2 Tbsp frozen, or 1 Tbsp dried)
4 Cloves garlic (but if you love garlic the more the better)
1 Small Shallot (a half an onion will do)
2 bird's eye chili (or any kind of chili pepper)
2 Tbs. vegetable oil

For the Sauce

2 Tbs. Fish sauce
2 Tbs. Sugar
1/4 tsp. Black pepper
Cilantro
Lime



Photo: Steve Martinho

I don't have many rules in my kitchen, but I am very into working as cleanly as possible. That means you do all your non-meat mise en place first. That's just a fancy french term meaning "to put in place" or prep work. Go ahead and impress all your chef friends with your newfound knowledge.

Take chicken out of the fridge and pat it dry about 10-15 before cooking. This serves multiple functions: drying the chicken decreases the chance of oil splatters, increases the likelihood of getting crispy skin, and bringing up the temperature of your protein promotes even cooking.

Peel the first and second layers of lemongrass and slice off the white part towards the bottom.

Slice the lemongrass thin. Rough chop garlic and chili.

Thinly slice your shallot. Set aside.

In a small mixing bowl, add all your sauce ingredients and whisk until sugar has dissolved. Set aside.

Cut the chicken into strips the size of your index finger. Usually, I'd say to season your chicken now, but we're not going to do that. The fish sauce has enough salt in it.

Heat a wok or cast iron over medium-high heat and coat with oil.

Add your chicken, skin side down, and don't touch it for at least 4-5 min. You'll know it's ready to turn over when the chicken releases itself. You're going to want golden, crispy skin.

After flipping, the chicken should be cooked through in about two minutes.

Remove the pan from the heat, set chicken aside, and remove some oil. You want about two tablespoons of oil left in the pan to cook with.

Turn your stove to medium-high and add garlic, lemongrass, chili, and shallot.

Stir fry for 2 minutes or until they soften. Careful not to burn the shallots.

Add the chicken back to the pan and stir to coat evenly. Allow to cook for another minute or so, until the sauce thickens.

Remove from heat.

Serve with jasmine rice, sliced cucumber, lime wedge, cilantro, and thai basil if you can find it. 



SCAN FOR PLAYLIST

POP-POPS WINTER VACATION

A COCKTAIL BY
SHAKA MOODY

1oz Old Grandad 100

1oz Plantation 5 Year

.25 oz raw cane simple syrup

a pinch(!) of coarse salt

1-2 barspoons of Malibu
Coconut Rum

2-3 dashes angostura

1-2 dashes Reagan's orange
bitters

Photo: Shaka Moody



OH, SO A SPLIT BASE OLD FASHIONED?

I can hear the scoffs now. But why? Old Grandad 100 is always on my bar cart and I require a sumptuous rum daiquiri at least once a week, so both base spirits are readily on hand. Why the Malibu? Because it's in a rap song and to spite the 18-degree weather and 20 mph winds of February, I wanted a splash of the islands. If I couldn't get that then at least a processed island flavor brimming with consumerism and excess.

A little trashy with the classy. Here the coconut rum adds a touch of buttery silk to the mouthfeel. A real lip-smacker.

I tend to slip over into adding 2 barspoons of Malibu instead of 1 barspoon after a few of these. Just pump your own brakes and see how it feels.

Split base cocktails are a great way to experiment with well-known drinks. The Old Fashioned exists as precisely the right one for the job. Plantation 5 Year is the choice today, but that choice changes with the mood. Fancy some Appleton? Substitute her in. Though I would suggest choosing a rum with those aged ruddy earth tones. A fight between Old Grandad and Bacardi seems unfair.

Note: A smart move is to make your own saline solution if you haven't already. A touch of salt goes a long way in pushing your drink past its limits and being able to control that limit is important!



Photo: Shaka Moody

Shaka Moody is a long-time industry professional, formerly of such reputable shacks as FriSatSun, Mission Taqueria, and American Sardine Bar, now to be found slinging vodka sodas from his very eyeballs, behind the stick at Franky Bradley's.

Shaka sunlights is an animator/ graphic designer and loves making cartoon gifs of himself to share with others.

Catch Shaka on Friday and Saturday nights at Franky Bradley's.



SCAN FOR PLAYLIST

PHILLY POP-UPS

SWARM

SWARM bake sales ETC. supporting local bakers and chefs, announcements on Instagram, usually every few month.

IG: @_s.w.a.r.m_

TABACHOY

Filipino food cart bringing the comfort food of the Philippines to Philadelphia.

IG: @tabachoyphilly

BOBA FETTUCINI

Handmade pasta in West Philly.

IG: @bobafettuccine_phl

SAMAR LAZZARI

Plant-forward dishes with intentionally sourced ingredients that reflect her experiences in world-class restaurants and the Arab American diaspora. You can find Samar at Bok Bar April 13 - May 1.

IG: @samarlazzari

PENTRIDGE STATION

Community beer garden, partnered with Dahlak. Reopens in June with rotating roster of pop-up chefs.

IG: @pentridgestation

HERMAN'S COFFEE

Small batch coffee roaster. They love to host chefs, bakers and makers in their cart. Follow for locations.

IG: @hermanscoffee

Have a pop-up? Just know of a good one? Let us know. Email us at hello@stereoflavors.com



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